

Naasnuujin

SIDE KU OGAAN KARTAA IN NAASNUUJINTA IN UU CUNUGA KA HELAAYO IN KU FILAN

Cunuga miyuu helaayaa caano ku filan. Cunuga calooshiisa. Isbedel saxaradiisa. Tirade xifaayada.

CUNUGA MIYUU HELAYAA CAANO KU FILAN?

- Ogolow in cunugaada ku tuso ilaa iyo inta la naasnuujiyo. Mar hadduu cunugaadii sifican uquto hal naas jooji deeci cunuga kadib sii naaska kale haddii uu weli baahan yahay.
- Waa inaad maqashaa ama aragtaa cunugaada markuu laqayo markaad nuujineysid.
- Waa inaad naasnuujisaa 8-1 waqti gudaha 24 saac.



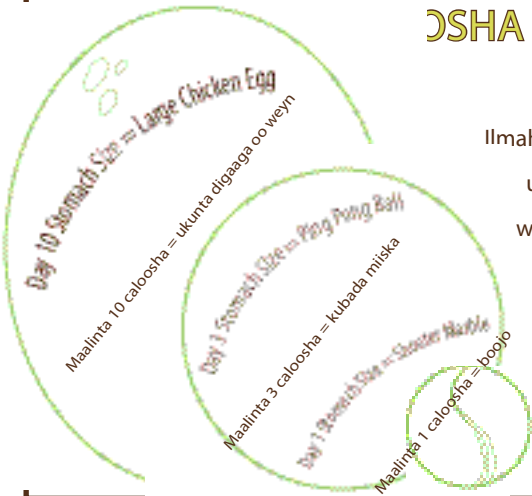
ISBEDELKA SAXARADA

Cunugaadii saxaradiisa waxey isku bedeli dontaa:

- Maalinta 1-3 madow, adag iyo degdeg; kani waxaa la yiraahdaa meconium.
- Maalinta 3-4 cagaar ilaa jaalle xogaa jilicsan.
- Maalintii 5 hurud ama jaalle miro leh iyo biyo.



ILMAHA



Ilmaha calooshodii aad ayey u yar tahay mana qaado wax badan quudin kasta. Xagga bidix waxaa ahadey cabirka caloosha ilmaha..

TIRADA XAFAAYADA

WAXAAN KU GARAN KARTAA INUU CUNUGAADII HELAY CAANO KU FILAN INTA CADAD OO XAFAAYAD AH OO UU ISTICMAALEY. ILMAHA WAXEY QOYAAN/WASAQ XAFAAYAD TIRADE SOO SOCOTO MAALINTII.

DA'DA ILMAHA XAFAAYAD QOYAN XAFAAYAD WASAQEYSAN

1 MAALIN JIR		
2 MAALMOOD JIR		
3 MAALMOOD JIR		
4 MAALMOOD JIR		
5 MAALMOOD JIR		
6+ MAALMOOD JIR		

4-6 todobaad jir kadib cunugaadii saxaradiisa wusii yaraanayaa. Waxaana aan caadi ahayn in ilmaha naasknuuga da'doodana kaweyn 1 bil inuu saxaroodo oo keliya 2-4 maalmoood ama in ka dheer .

GOORTAAD ISTICMAALEYSID BUMKA NAASAHA

WAXAA LAGA YABAA INAADAN CAANO BADAN HELIN MARKA HORE. TAASI WAA CAADO MACNAHEDA MA AHA INAADAN HEYSAN CAANO KUGU FILAN.

Ka doono cawinaad taqtarkadii ama lataliyaha nuujinta haddii cunugaadii:

- Qaba af qaley.
- Qaba kaadi noocisa ah gaduud.
- Maqaarkiisa noqdo jaalle (cagaarashow).
- Saxaradiisa aynen isku bedelin jaalle iyo midmiro leh maalintii 5.
- Uusan heysan xafaayad qoyan ama wasaq (fiiri dhanka danbe xasuus qorka xafaayada naasnuujinta).
- Uusan usootosin inuu cuno ugu yaraan 8 mar 24 saac gudahooda.
- Culeyskiisa miyuu is dhimay 5 maalmoood kadib. Culeyskii uu ku dhashey miyuu hoos marey 2 todobaad. Ama.
- Aad lakulanto xanuun xagga ibta.

QUUDIN IS DABAJOOGTA

Haddii cunugaadii la quudinaayo saacad walba waxaa la yiraahdaa quudinta is dabajooga waana wax caadi ah. Ilmaha naaskanuuga 3-5 saac walba iyo jiifa 3-4 saac inta udhaxeeso.

XASUUS QORKA XAFAAYADA EE NAASNUUJINTA

FARIIMAHA: MAALIN WALBA, GOOBAABI QIYAASTA WAQTIGA UGU DHOW SAACAD TAAS OO AAD BILOWDAY NAASNUUJIN. GOOBAABI W GOORTII CUNUGAADI QABO XAFAAYAD QOQYAN. GOOBAABI D GOORTII CUNUGAADI QABO XAFAAYAD WASAQ AH.

DAY 1 Maalinta																							
Midnight Habeen badh												Noon Duhur											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Wet Diaper Da' da ilmaha							W					Tirade guud ee aad quudisey gudaha 24 saac											
Xafaayad wasaq madow							D					Total number of feedings in 24 hours _____											



DAY 2 Maalinta																							
Midnight Habeen badh												Noon Duhur											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Wet Diaper Da' da ilmaha							W W					Tirade guud ee aad quudisey gudaha 24 saac											
Xafaayad wasaq madow							D D					Total number of feedings in 24 hours _____											



DAY 3 Maalinta																							
Midnight Habeen badh												Noon Duhur											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Wet Diaper Da' da ilmaha							W W W					Tirade guud ee aad quudisey gudaha 24 saac											
Xafaayad wasaq cagar							D D					Total number of feedings in 24 hours _____											



DAY 4 Maalinta																							
Midnight Habeen badh												Noon Duhur											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Wet Diaper Da' da ilmaha							W W W W					Tirade guud ee aad quudisey gudaha 24 saac											
Xafaayad wasaq cagar							D D D					Total number of feedings in 24 hours _____											



DAY 5 Maalinta																							
Midnight Habeen badh												Noon Duhur											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Wet Diaper Da' da ilmaha							W W W W W					Tirade guud ee aad quudisey gudaha 24 saac											
Xafaayad wasaq jalle							D D D					Total number of feedings in 24 hours _____											



DAY 6 Maalinta																							
Midnight Habeen badh												Noon Duhur											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Wet Diaper Da' da ilmaha							W W W W W W					Tirade guud ee aad quudisey gudaha 24 saac											
Xafaayad wasaq jalle							D D D D					Total number of feedings in 24 hours _____											



DAY 7 Maalinta																							
Midnight Habeen badh												Noon Duhur											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Wet Diaper Da' da ilmaha							W W W W W W					Tirade guud ee aad quudisey gudaha 24 saac											
Xafaayad wasaq jalle							D D D D					Total number of feedings in 24 hours _____											



Haddii aad welwel kaqabto ama su'aal kusaabsan naasnuijinta wac:

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES • WIC AND NUTRITION SERVICES 573-751-6204
Fursad loo wada siman yahay/talaaboyin xoojin looshaqeeye. Shaqada ay bixiso waxey ku saleesan tahat midab takoor la'aan